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THE EMBATTLED FORMER CYCLIST IS DUMPED BY SPONSORS AND STEPS DOWN AS CHAIRMAN OF HIS ANTI-CANCER CHARITY, LIVESTRONG

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PICTURE THIS

Diane Kittay, 39, of London, works Wednesday on a mural taking shape outside Atlohsa Native Family Healing Centre on Richmond Street. Nearly 20 people have had a hand in the effort, which started on Saturday and is designed to call more attention to the centre in the downtown core. The paintings are symbols that reflect First Nations culture. ANGELA MULLINS/METRO

Meth clinic OK, with limits, city staff say

Public forum. Most people sounding off at Wednesday's meeting opposed to facility on Wharncliffe Road



ANGELA MULLINS
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A methadone clinic should be allowed to open in Old South on the condition that it dispenses no more than 200 clients a day, city staff say.

The limit is "very, very troubling" and "open to serious legal challenge," Alan Patton, lawyer for the Ontario Addiction Treatment Centres, told council's planning committee on Wednesday.

"It's plain and obvious that many people have concerns," Patton said. "But having concerns is neither a planning test nor the legal test."

The limit is necessary, city planners say, because of multiple "sensitive land uses" — including a daycare — near the proposed site at 425 Wharncliffe Rd. S.

Patton's client asked the city in June to rezone the Wharncliffe property. Opposition has been mounting from the get-go with about 150 people at Wednesday's public participation meeting. Several people said that adding to a "cluster" of methadone clinics in the area is a big concern.

Treatment

\$15M to combat drug addiction

The governing Liberals are spending \$15 million to expand treatment programs



Deb Matthews
TORSTAR NEWS SERVICE
Minister Deb Matthews says the money will help in treating pregnant

women and mothers as well as First Nations communities.

She says Ontario has the highest rate of opioid addiction in the country, and the funding will also provide better early detection by expanding monitoring in emergency departments and public-health units.

The province is already monitoring narcotic prescriptions to flag abuses of the drugs.

Matthews says the funding is in response to recommendations made by experts who released a final report commissioned by the government.

THE CANADIAN PRESS

Two of the city's five methadone clinics are within a kilometre of the proposed site. The closest serves about 150 patients a day. More than 1,400 people in London use methadone.

"We live with this every day," said Roger DePauw, an Old South resident and business owner. "We have all (the clinics) we need."

Other areas of the city, he said, "need to take their share."

The proposed site meets or exceeds guidelines council approved this year for where methadone clinics can open, planners say.

Those rules include having adequate parking, indoor waiting areas and being on a public transit route. They don't include limiting the number of patients.

City council will have the ultimate say on OATC's rezoning request after receiving a recommendation from the planning committee. Council's decision could come as soon as Oct. 30.

Wednesday's meeting was continuing at Metro's deadline.

Follow Angela Mullins on Twitter @MetroAngela





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Mental health program at LHSC gets \$1M donation

Bridging the gap.
The Transition Age Project aims to help people switch from child to adult care



JOHN MATISZ
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A million dollars is a lot of money. And after 12 years of volunteering and collecting, the London Health Sciences Centre's Auxiliary has reached its fundraising goal.

On Wednesday, the group

donated \$1 million toward the Transition Age Project, an LHSC initiative aimed at bridging the gap between child and adult care in mental health units.

"This is an opportunity to acknowledge the contributions from the volunteers that have come before us. Thank you so much," said Isabel Wildfong-Martin, president of the LHSC Auxiliary, during a news conference at Victoria Hospital.

The donation is designed to strengthen a program designed to help people between the ages of 16 and 25 suffering from mental illness as they switch from child to adult care.



LHSC Auxiliary president Isabel Wildfong-Martin METRO

The LHSC says that particular age bracket is the most vulnerable group in terms of onset mental-illness problems, and is also very underserved.

The Transition Age Project, which is being rolled out in

In numbers

\$7.7M

Total amount the LHSC Auxiliary has raised in its 85-year history.

three phases, will identify "innovative means of engaging youth and young adults through arranging accessible community services," the LHSC says.

The first phase involves data collection and review. In the second phase, hospital and community organizations get together and brainstorm about

mental-health strategies. Lastly, in the final phase, new services are piloted and evaluated.

The Auxiliary has existed for the better part of a century, volunteering their time working in gift and flower shops in LHSC hospitals, where they collect donations from customers.

Bonnie Adamson, president and CEO of the LHSC, says the donation is a "continuation of the outstanding support and leadership which the Auxiliary has demonstrated throughout its history."

Follow John Matisz on Twitter @Metro_JMatisz



These shoes were made for walking

Stephanie Moore, a pedorthic student working at BioPed, fits David Calvert, 30, of London, for a new pair of shoes during a Wednesday event at the Salvation Army's Centre of Hope (281 Wellington St.). BioPed sites across the country closed their storefronts for a day to help people in need through the company's goodytwoshoes foundation. About 160 people in London benefited from the giveaway. BioPed accepts donations of gently used shoes all year.

ANGELA MULLINS/METRO



CPRI. Hearing for suspect in child beating rescheduled

A Wednesday court hearing was postponed for a man accused of beating a 12-year-old boy at London's Child and Parent Resource Institute.

Greg Simard, 24, of London is now scheduled for an Oct. 31 court appearance. He was ordered to get a psychiatric assessment on Sept. 19. The results of the assessment aren't ready yet, officials said Wednesday.

Simard is charged with attempted murder, uttering threats, forcible confinement, and assaulting police.

He was arrested Sept. 10, the day after the victim was found beaten in a wooded lot on CPRI's property (600 Sanatorium Rd.).

Simard was a full-time employee at the facility who



Gregory Simard METRO FILE

had regular contact with the victim, police have said. The victim is in fair condition in hospital.

Funded through the Ministry of Children and Youth Services, CPRI provides services to youths who are developmentally challenged or have acute behavioural problems. **METRO**

Full recovery expected

Shot border guard worked in London

Ontario Provincial Police have identified the border guard shot in the neck at a crossing south of Vancouver Tuesday. Lori Bowcock recently worked as a civilian dispatcher at the police communications centre in London. **THE CANADIAN PRESS**

McGuinty successor

Grit leadership vote date eyed

Ontario Liberal party officials will meet this weekend to decide when they can hold a leadership convention to replace Premier Dalton McGuinty. **THE CANADIAN PRESS**

Faith. Court hears Catholic school funding challenge

Funding Catholic schools and not those of other faiths equates to giving them a privilege others don't enjoy, Ontario government lawyers agreed Wednesday, but said it's still a constitutionally protected right.

A Toronto woman, Reva Landau, is asking Ontario's Superior Court to order the government to stop funding Catholic schools because as a taxpayer who doesn't share the church's beliefs, she says it infringes her freedom of religion.

But as the funding was guaranteed in 1867 in the constitution, it is not subject to charter challenges, the court heard.

Judge David Corbett, questioning the government law-

Quoted

"Only Roman Catholics get the chance to send their children to a school that promotes their philosophy without having to pay any extra out of their pocket ... Does that seem just?" Reva Landau

yers, noted that section of the constitution was put in place at the time of Confederation to protect the rights of the Catholic minority, when the Protestant majority had the benefit of a Protestant school system.

THE CANADIAN PRESS

1 NEWS

Fundraiser

Book sale to benefit library

The Friends of London Public Library will have a fundraising book sale Friday to Sunday at the Western Fair District's Special Events Building (900 King St.).

Call 519-661-4600 for details. **METRO**

Dual celebrations

Meet councillors at public libraries this week

In celebration of local government week and Ontario public library week, Coun. Matt Brown will visit the library's Sherwood branch at 3 p.m. Friday. On Saturday, Coun. Sandy White



Coun. Matt Brown
METRO FILE

will be at Glanworth branch at 10 a.m., and Coun. Dale Henderson at the Byron branch at 3 p.m.

For more information, call 519-661-4600, or visit london-publiclibrary.ca **METRO**

Wolf Performance Hall

Arctic explorer to give lecture

Arctic explorer Thorlief Thorleifsson will present a lecture on his recent circumpolar expedition at Citi Plaza in the Wolf Performance Hall, Central Library, on Thursday at 7 p.m. Admission to the lecture is free. **METRO**

Junior Achievement

Honouring city's business leaders

Junior Achievement is planning an Oct. 25 gala to recognize three people for their contributions to London's business community. Carol Stephenson, Paul H. Cocker and Tina Wardle will be paid tribute to. **METRO**

Stolen property charges

Charges laid to London teens

Two London men — Wayne Hackett, 19, and a 16-year-old — face multiple charges including possession of stolen property worth more than \$5,000 after a single-vehicle collision last Thursday on Marion Street. **METRO**

Facebook post costs man his job

Commenting on bullied teen.
Londoner says he has 'regret and remorse'

A disturbing Facebook post about a bullied teen in B.C. who took her own life has led to a London man being fired.

Justin Hutchings, who worked at Mr. Big & Tall on Fanshawe Park Road, wrote "Thank God this b— is dead," on a memorial page set up for 15-year-old Amanda Todd, who took her own life after years of bullying.

There have been dozens of pages set up in Todd's honour, and thousands of comments have been posted. The one written by Hutchings caught the eye of a Calgary mother.

"It made my stomach turn that someone could write that, after this person had committed suicide. It was terrible," said Christine Claveau.

She found out who Hutchings' employer was, and filed a complaint with Mr. Big & Tall over the post.

"We're trying to call out all cyber bullies," said Claveau. "We're really trying to make a difference."

Once Mr. Big & Tall received word of the Facebook post, Hutchings was fired.

"We have zero tolerance for the mistreatment of others no matter what form it takes," said Dave McGregor, the president of Grafton-Fraser, which owns Mr. Big & Tall. He confirmed Hutchings no longer works for the company.

Hutchings told Torstar News Service he wanted to "stir up the pot" within the group when he made the post. However, he was apologetic during the interview.

"Yes, there is a little bit of regret and remorse," he said. "I'm sorry if I offended anybody and that it wasn't portrayed in the way it was supposed to be." **AM980/AM980.CA**

Bruteman's back to battle ataxia

Roger Foley is trying to show Canadians that they are not alone in their fight against ataxia.

Producing a conference, a concert and a banquet, Foley hopes to raise money and awareness to help research what he has fought for so long. Officially diagnosed with ataxia in 2008, Foley has struggled with his mobility his entire life.

Foley, a former comedian, musician and television host, is bringing the first Canadian Ataxia Conference to London, Saturday, in the Central Library building (251 Dundas St.).

"No one should feel as alone, depressed or defeated as I've felt," said Foley.

"I am trying to show people affected by ataxia that they are not alone. This conference is the first of its kind in Canada, and will bring together experts, doctors and people affected by ataxia."

Starting the conference at 11 a.m. is what Foley calls "a town hall meeting where people affected by ataxia can meet, listen to and speak to a panel of doctors, experts and people living their day-to-day life with the condition."

At 5 p.m., Foley is hosting a concert, Bruteman Live!, at Wolf Performance Hall.

"I'll be reviving my character the Bruteman," said Foley.



Roger Foley, left, as Bruteman, with London musician Sarah Smith, who will be performing with Foley in Bruteman Live! at the Canadian Ataxia Conference on Saturday. CRYSTAL-LYNN ANSEMS/CONTRIBUTED

"He's a pretty ridiculous character in crazy costumes, but it will be a lot of fun. The show will be a musical and comedy concert with a lot of Canadian acts."

The conference ends with the banquet at 6 p.m. in the library's Stevenson & Hunt room.

Money raised will go to The

Canadian Association for Familial Ataxias (CAFA) and the Fight Ataxia Project.

Tickets (various prices) to the conference can be purchased through the Grand Theatre box office, or canadianataxiaconference.com. Tickets will also be available at the door.

ANDREW SERCOMBE/FOR METRO

What is ataxia?

Ataxia is a neurological hereditary disease that attacks the central nervous system and can affect a person's speech and mobility.

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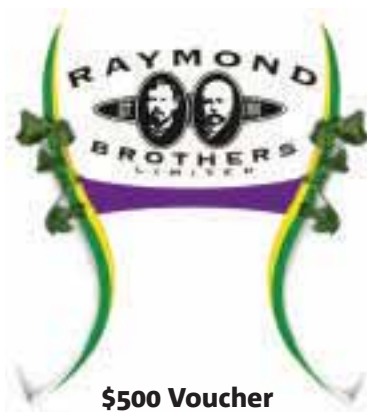
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More money, more waiting for intensive autism therapy



A therapy known as intensive behavioural intervention can bring about dramatic improvements in the lives of children with severe autism, but the intervention must take place between the age of three and five. The long waiting list for treatment means more than 1,700 Ontario children are missing out. ISTOCK

Time not on their side

Wait list 'shouldn't exist': Autism Ontario

Every child who needs intensive behavioural intervention should have the therapy funded, says the executive director of Autism Ontario.

"The kids who need this service need this service," Margaret Spoelstra says. "The fact that we have kids waiting means that we're losing precious time."

Spoelstra says IBI can change the trajectory of a child's development dramatically.

"It gets you to a point where you can help that child to learn rapidly, and you have positive reinforcement both for the instructors, the therapists, as well as the families because they see their kids learning when they understand how to use (IBI's) tools."

ALEX BOUTILIER/METRO IN OTTAWA

Part 2 of a three-part series. Funding for intensive behavioural therapy has jumped \$110 million in 10 years



ALEX BOUTILIER
Metro in Ottawa

When the Ontario government announced funding for intensive behavioural intervention therapy in 1999, \$5 million was set aside for the program.

Twelve years later, the province says it is spending more than \$115.7 million a year on the therapy, known as IBI, which helps young children with severe autism spectrum disorder learn to interact with the world. Since 2006, the government has spent \$628.2 million on just this program alone, according to figures provided by the Ministry of Child and Youth Services.

Despite the influx of money, IBI providers are still grappling with massive waiting lists. As of June 2012, there were more families waiting

By the numbers

Funding for intensive behavioural intervention:

- 2011-12: \$115.8 million
- 2010-11: \$117 million
- 2009-10: \$114 million
- 2008-09: \$110.6 million
- 2007-08: \$96 million
- 2006-07: \$74.5 million

for funding — some 1,702 — than the 1,417 families who were receiving it.

Dr. Eric Hoskins, Ontario's minister of child and youth services, says there are a host of programs available for families awaiting funding.

"There's training available for the families themselves, there is preparation for the IBI treatment. Depending on their age, they may have access to other programs, for example, transition into schools," he says. "There's a whole set of services that we make available. IBI is one of them."



Dr. Eric Hoskins
TORSTAR NEWS SERVICE

Weighing resources against need

From funding 'all children' to some

The waiting-list issue is not a new one. It was flagged in a 2004 ombudsman's investigation into the IBI program. That report suggests the ministry was aware as early as 2000, when it signed

contracts with regional service providers, that it overestimated the ability to meet demand.

The initial vision in 1999 was for "all young children with autism" in the province to be given "consistent, high quality, intensive early intervention services."

"The amended (2000) vision deleted the reference

to 'all' young children, as well as the specific reference to 'intensive early intervention services,'" the report notes.

In response to the report, the Ministry of Child and Youth Services noted the intensive therapy was funded "to the level of available resources and not to the level of need."

ALEX BOUTILIER/METRO IN OTTAWA

The average wait time, about two years, means some children will miss the crucial window between ages three and five when IBI is most effective — or families will be forced to pay out-of-pocket for the expensive therapy.

Hoskins says for that reason, it's crucial to get a diagnosis early in a child's life. "Parents with children with autism and advocates for them have done a tremendous job at (raising) public awareness, so parents that have a concern about an infant or a young child have an earlier opportunity to actually seek and obtain a diagnosis," Hoskins says.

Progressive Conservative health critic Christine Elliott says the long-term benefits of funding IBI for children who need it outweigh the short-term upfront costs.

"This kind of therapy and other supports make the difference between (children) having a life either wholly or partly independent," she says. "It makes all the difference in the world, both in the costs to the

system, of course, but (also) in terms of that person's happiness, their ability to function in society and have a complete and fulfilling life.

"You can't really put a price on that," she says.

Next up

- **Part 3 (Weekend):** Public-service providers and their role in making funding available for treatment of autism.
- **On the web:** Follow the series online at metronews.ca.



Christine Elliott
TORSTAR NEWS SERVICE

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London Knights about to embark on first overnight road trip of season

Primed for perfection.

Mediocre in standings, the Knights looking to win all three games this weekend



JOHN MATISZ

john.matisz@metronews.ca

From afar, the London Knights look pedestrian. They sit sixth in the Western Conference with a 5-3 record — about as average as it gets.

Zoom in and you find a club slightly unsatisfied with itself, yet utterly determined to come away with three victories this weekend.

"It's going to be a challenge for us, going three-in-three," veteran Knights forward Seth Griffith said. "Even if you are tired, you have to make sure pucks are getting in deep because you might not have that extra step on the back-check."

Added London bench boss Dale Hunter, nonchalantly:



Two London Knights defence pairings — Scott Harrington, left, Tommy Hughes, Miles Liberati and Tyler Ferry — await their turn during a drill in practice at Budweiser Gardens on Tuesday. JOHN MATISZ/METRO

"We have a lot of guys who played last year. They're used to it; they know what it's about. Every team does it."

There's no doubt antici-

pation of the team's first overnight road trip of the season is stirring in each player's head. After a nationally televised home game Friday against the

Erie Otters, the Knights travel to Barrie for a Saturday night tilt against the Colts, followed by a day game in Sudbury versus the Wolves on Sunday.

Preparation was well underway at Tuesday's practice. About a dozen players participated in a power-skating session around noon.

Quoted

"It's going to be a challenge for us, going three-in-three."

Knights forward Seth Griffith

That was followed by a full-team video session in the locker-room, before filing onto the Budweiser Gardens ice for a lengthy, high-energy workout.

Griffith, London's marquee weapon up front, was one of the power-skaters. The Boston Bruins prospect wasn't forced to attend. However, he's conscious of the fact the two points he recorded against the Oshawa Generals on Sunday mean squat when he finishes with a minus-3 rating.

A 45-goal man last season, the 19-year-old is still putting the puck in the net at an admirable pace. Heading into Wednesday's action, Griffith is tied for third in points in the OHL, along with teammate Max Domi.

Hydro prices dropping

Most electricity prices in Ontario are dropping slightly for the winter months, except for the highest demand hours.

Starting Nov. 1, off-peak prices for people on time-of-use meters will fall from 6.5 cents per kilowatt hour to 6.3 cents, and the mid-peak price drops from 10 cents to 9.9 cents per kwh. However,

the peak electricity price will increase from 11.7 cents per kwh to 11.8 cents.

People on regulated pricing, not time-of-use, will also see a slight drop in electricity rates. The Ontario Energy Board says the change for most consumers on time-of-use pricing will be a decrease of about \$1.02 on the

electricity line of their hydro bill.

The board says the main reason for the decrease in prices is that the actual cost of electricity for consumers from April through September was less than the forecast cost used to set prices for that period.

THE CANADIAN PRESS

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Peru. London doctor lends a hand

A journey that started in 2008 has resulted in a surgical first in Peru for a procedure that is common in Canada. Neurologist Jorge Burneo, a neurosurgeon of the London Health Sciences Centre, recently returned from Lima, where he acted as an advisor during the country's first epilepsy surgery — a left temporal lobectomy.

"In 2008, our goal was to establish an epilepsy program in Peru modelled on the world-renowned epilepsy program at LHSC by sharing our expertise," said Burneo. "In four years, our progress has led to a surgical first for Peru."

Since 2011, Burneo and Steven have been communicating with a Peruvian team of neurologists and neurosurgeons online and on the telephone to discuss potential surgical cases.

METRO

Nigeria's first lady returns after falling ill

Health still unclear.

Patience Jonathan denies speculations of terminal illness and cosmetic surgery

Nigerian first lady Patience Jonathan returned home Wednesday following a mystery illness that kept her abroad for weeks as the nation wondered about her health.

The state-run Nigerian Television Authority cut into its programming to show Jonathan waving from a presidential jet on the tarmac of Nnamdi Azikiwe International Airport in Abuja. Wearing a purple traditional dress, Jonathan



Nigeria's first lady, Patience Jonathan, waves to the crowd upon her return home on Wednesday.
SUNDAY AGHAEZE/THE ASSOCIATED PRESS

slowly walked into a crowd of singers, drummers and supporters, surrounded by police officers. Addressing

the nation, Jonathan denied she had a "terminal illness or cosmetic surgery." However, her voice sounded strained by speaking and she appeared slimmer than before.

"I believe that God has saved me," the first lady said.

In September, Jonathan disappeared from public view after hosting an event for African first ladies. Authorities refused to say publicly why she left the country. An official later told The Associated Press the first lady fell ill with "food poisoning" and needed to be hospitalized in Germany. Yet as her absence lengthened, rumours began to swirl around the country that she had a more serious medical condition. **THE ASSOCIATED PRESS**



Protesters educate government over cuts

Student Jeanie, 16, takes part in a protest against government cuts in education in Barcelona, Spain, on Wednesday. The Spanish government has pushed through nine straight months of austerity measures which have prompted the country's 17 regional governments to slash spending on health care and education.

EMILIO MORENATTI/THE ASSOCIATED PRESS

Standoff

Ex-councillor faces charges

A man is facing multiple charges after an armed kidnapping and police standoff in the Ontario town of Whitby. Robert Lutczyk, identified as a former Oshawa councillor, has been remanded in custody.

THE CANADIAN PRESS

The hangover

Binge drinker disrupts flight

A Ukrainian man, hung over from a 50-day drinking binge, said he believed the wing of the airplane was on fire when he disrupted a Salt Lake City-bound Delta Air Lines flight on Monday.

THE ASSOCIATED PRESS

55-year-old Scotch

Rare reserve on the auction block

A bottle of one of the rarest single malt Scotch whiskies in the world is going under the gavel this weekend in Toronto. The 55-year-old bottle of Glenfiddich Janet Sheed Roberts Reserve is one of only 11 bottles.

THE CANADIAN PRESS

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Wine industry. Wonky weather devastates Europe's grape harvest

Drought, frost and hail have combined to ravage Europe's wine grape harvest, which in key regions this year will be the smallest in half a century, vintners say.

Thierry Coste, an expert with the European Union farmers' union, said Wednesday that France's grape harvest is expected to slump by almost 20 per cent compared with last year. Italy's grape crop showed a seven per cent drop — on top of a decline in 2011.

"Two big producing nations, France and Italy, have not known a harvest so weak in 40 to 50 years," Coste said. "All the major producing nations have been hurt."

France's Champagne and Burgundy regions were hard hit by weather conditions that particularly affected the prevalent Chardonnay grape, used to make the world's most famous sparkling wine and the luxurious whites from those regions.

In places where vintners were already facing a small margin of profit, many could be facing survival problems, said Coste of the Copa-Cogeca union.

"In certain regions, there

Global impact

- The European wine harvest automatically has a global impact since it accounts for some 62 per cent of the worldwide wine production.
- About 2.5 million families live off the wine sector in Europe, making the dependency on the vagaries of weather a sometimes cruel business.

will be many vintners in big difficulties because of the collapse of the harvest," he said.

Drought hit the Mediterranean rim hard this year, Coste said. "First and foremost, climate change or not, we see that we have ever more dry spells," he said. Making matters worse is that even winter was dry this time. "It was almost zero (degrees Celsius) in the south."

In the northern wine regions, it was the inverse, with cold and wet weather wreaking havoc. Hail in particular hurt the crops.

THE ASSOCIATED PRESS



P.E.I. entrepreneurs remember slain men

The Stay Golden Apparel business team, from left, Alex Khan, Devin MacGregor and Coltin Handrahan, designed and sold custom T-shirts this summer to raise money for a memorial scholarship in honour of Tanner Craswell and Mitch MacLean that will be awarded at Colonel Gray High School in Charlottetown. MacLean, from Cornwall, Ont., and Craswell, from Charlottetown, were shot and killed in December 2011 on the side of a road near Claresholm, Alta. The two had moved to Alberta to play baseball. CONTRIBUTED/THE CANADIAN PRESS

New study

Quebec firms' tax burden is heaviest in Canada, U.S.

A University of Montreal business school study says Quebec companies are by far the most heavily taxed in Canada and the U.S., even after accounting for generous financial assistance from government.

The HEC Centre for Productivity and Prosperity says Quebec companies pay 26 per cent more in taxes than the Canadian average and face almost double the tax burden of U.S. companies. THE CANADIAN PRESS

Market Minute

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FIGHT FOR WHAT'S RIGHT — EVEN IF IT'S TRIANGULAR



HE SAYS...
John Mazerolle
metronews.ca

All this presidential debate talk has me thinking of the one time I took part in an organized debate, which dealt with the age-old question that has haunted humanity since it

first crawled out of the muck: "Circles or triangles?"

That was the actual topic at a debate tournament at a private high school several years ago. I was a "celebrity" judge, because Justin Bieber was not available.

Going in circles

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

It was inspiring.

Even debates as goofy as that one are heartening to me. Say what you will about U.S. debates and how they contain fewer actual facts than the back of a cereal box. It's still two or more people going toe-to-toe in a real back-and-forth with passion and knowledge and

(some pieces sold separately) ideas.

We could use more of that.

Instead, we're taught that there are a bunch of places where it's not polite to argue (family picnics, Facebook feeds, funeral homes). And if you're in a bar or some other acceptable debate location, most arguments degenerate quickly into volume competitions. There's a guy in my local pub that can be counted on to bellow — scream, really — "THE LIBERALS ARE THE NATURAL GOVERNING PARTY OF THIS COUNTRY!!!" at least once a week.

Though, in fairness, sometimes there's no one else there. He was talking to empty chairs before Clint Eastwood made it cool.

With this sad state of affairs, everybody should learn the finer skills of debating.

Whether you one day dream of being a world leader, or if you just want to goof around in a meaningless Liberal leadership race, here are some tips to drive your points home.

- Presentation matters. In 1960, radio listeners thought Richard Nixon won his debate with John F. Kennedy. But in a historical twist not often mentioned, people watching on TV thought Kennedy won, because they could see that Nixon kept kicking his dog, Checkers.
- Respect your opponent, not their ideas. This is obvious in the political arena, but often forgotten in day-to-day life. Lots of people say, "You don't have to agree with me, but you have to respect my opinion," even if they were talking about how their magnetic bracelet reinvigorated their energy force field, or how much they miss Charlie Sheen in Two and a Half Men. Remember what Voltaire said: "I disapprove of what you say, but I will defend — wait, you like Two and a Half Men. BWAHAHA." I'm paraphrasing.
- Get your zingers in. It shouldn't be all about zingers, but sometimes a little sauce makes the meal more memorable. Compare: "Mr. Speaker, our subcommittee's research has shown the opposition's numbers to be skewed at best," to "Mr. Speaker, up your nose with a rubber hose." Check and mate.

Now that you have these helpful tips, get out there and argue. Do it for yourself! Do it for your generation! And, most importantly, do it for the triangle!

Because what's right is right.

Artist gets under their skin



Hirst's avenging angel

Pregnant women exposed in statue

Damien Hirst, the world's richest artist, unveiled his new work in Ilfracombe, England, on Wednesday.

Verity, a 19.8-metre bronze statue of a pregnant woman with her insides exposed, represents "truth and justice," he said. There have been more than 100 complaints from locals, while critics have labelled it a "dictator fantasy." **METRO**

The artist explains



"I know it's not for everyone, but I really hope that

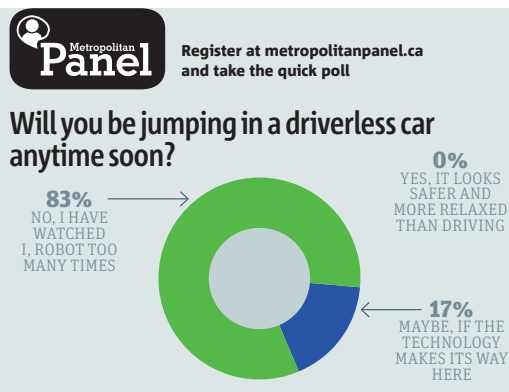
over time it will become accepted by the community and will benefit the town."

Damien Hirst, 47, British artist
Hirst lives part-time in Ilfracombe, where he owns a seafood restaurant. It is hoped the statue will increase tourist numbers for the town.

Hirst hits

- **The Physical Impossibility of Death in the Mind of Someone Living (1991).** A tiger shark in a glass tank of formaldehyde, nominated for Turner Prize.
- **For the Love of God (2007).** Skull encrusted with more than 8,000 flawless diamonds, with a sale price of \$100 million US.

GETTY IMAGES



Twitter

@pennkemp: Viewing women in the workplace through Binders full of women. Piling on Milt's hopeful head...

@kenzzz_: Why do I forget everything after I learn it (I'm talking about you stats)

@RachFee: Just sold my complete series of The OC on DVD. With the money I'm going to buy a new external hard drive. And download the OC.

@RebeccaTyre: Is #Idnont a breeding ground for idiots? We make national news again, this time for a cyber-bullying dbag taunting a dead girl

@CarolineG82: #Idnont ignoring addicts doesn't make them go away. They come from all walks of life. Don't make them suffer bc you're judgemental or afraid

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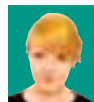


YouTube phenoms play Western



Walk off the Earth, of YouTube fame, performs Friday night at The Wave on Western University's campus. AMANDA GRANT/FOR METRO

Walk off the Earth. Gotye cover song led to signing with Columbia records for Burlington band, but new EP contains original content only



BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Walk off the Earth is coming to Western on Friday night. The Burlington-based band first made a splash in January with its YouTube cover of Gotye's Somebody That I Used to Know. The video, which featured the

band's five members playing one guitar, had racked up more than 137 million hits, and counting.

Following Walk off the Earth's viral success, the band scored a record deal with Columbia Records and has spent most of 2012 touring and recording an EP.

On Friday, the band will add London to the list of tour stops, playing at The Wave on Western University's campus.

"I'm super excited," says Tony Ayala, a member of the university student council executive responsible for planning the show. "They offer a really unique concert setting and the music appeals to students, so we thought it would be a perfect fit for an on-campus show."

Although the band is known for its cover videos, featuring songs by a diverse range of artists from Nirvana to LMFAO, its upcoming EP includes only original tracks. The four-song album R.E.V.O will be released Oct. 30.

Tickets for Walk off the Earth's show are \$15 and are available on campus through Western Connections or online at usc-online.ca/wave_events. Music starts at 9 p.m.

Also this weekend:

Stadium Hip-Hop

One of the artists Walk off the Earth covered over the past year is also in town this weekend. Wiz Khalifa will take the stage at Budweiser Gardens on Sunday night.

The Pittsburgh native

rap artist is coming through London on his North American tour, performing with the Taylor Gang and opening artists Juicy J, Chevy Woods and Lola Monroe.

Khalifa is known for his 2011 single Black and Yellow, which was spoofed on YouTube hundreds of times, including a London video, White and Purple, produced by Western students.

Tickets for Wiz Khalifa cost between \$36 and \$61 and are available at the Budweiser Gardens box office or online at budweisergardens.com. Doors open at 7 p.m.

Alt-Country Canadians

On Saturday, The Wooden Sky will perform at the London Music Hall.

Fresh from a European tour, the Toronto-based band

is sure to be tight, playing songs from its 2012 release Every Child a Daughter, Every Moon a Sun.

Doors open for Saturday's show at 8 p.m. Tickets are \$15 and are available at Grooves or online at ticket-driver.com.

Local punks

If you'd prefer a punk show this weekend, Call the Office has you covered.

On Friday, London locals The Stragglers open for Riverboat Gamblers and Cobra Skulls at the venue. The Stragglers gained national exposure earlier this year after performing at Pouzza Fest in Quebec during the Montreal student protests.

Tickets for the show are \$12 at the door. Music starts at 10 p.m.

2 SCENE

Cronin creates whole new fictional worlds

New book. The Twelve follows up on the hugely successful The Passage with new characters

DOROTHY ROBINSON
Metro World News

The way author Justin Cronin sees it, we have four main types of boogeymen.

"They come down to werewolves, monsters, zombies and vampires. They are the big four," says the engaging author from his home in Texas, where he is a distinguished faculty fellow at Rice University. "Of the four of them, the vampire story is the one with the best stuff."

So much stuff that Cronin was able to develop a highly regarded — not to mention highly profitable — trilogy based on the mythological beings.

The series began in 2010 with The Passage, a 784-page best-seller, and continues on this month with the publication of his massive follow-up, The Twelve.

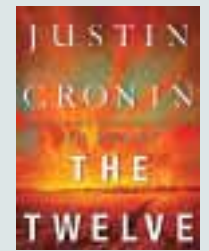
In Cronin's futuristic

dystopia, his vampires are known as virals: vicious, almost unstoppable monsters created by a government experiment gone horribly wrong who almost end all of humanity. In The Passage and now The Twelve, Cronin delves into two worlds: The time when the vampire plague was unleashed upon society and a hundred years into the future. His cast of

Virals

The addition of the virals make the series into a horror thriller, but for Cronin the beasts are a way to get to the real meat of his tale: How does the human race survive when civilization ends? Cronin was a child of the Cold War, a time that continues to inform his writing with this new novel.

• **Quote.** "I use the vampire story as a way to get to a post-apocalyptic story," Cronin says. "I



really believed as a kid we'd all get incinerated; at that time it really looked like things would end."

characters numbers into the hundreds. Locations not only span coasts but decades and lifetimes. His word count is epic.

How does he keep it all straight?

"That was something I had to learn how to do," he says.

"When I was writing the first book, I discovered my brain can naturally hold up to 800 pages of manuscript; at page 801, the top of my head flies off and I can't remember how to use the coffee maker. I had to grow a couple hat sizes to be able to do this."

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AIR CANADA

Paris LAS VEGAS



Justin Cronin is releasing a new book called The Twelve. JULIE SOEFER

Led Zeppelin discuss new concert film

Celebration Day. The iconic Led Zeppelin returned to the stage and now brings that experience to the big screen

DOROTHY ROBINSON
Metro World News

Only 18,000 people were lucky enough to watch a somewhat reunited Led Zeppelin in 2007 at a tribute concert in honor of Ahmet Ertegun, the late founder of Atlantic Records who died in 2006. More than 20 million people applied for tickets to catch the one-off, two-hour show at London's O2 Arena, featuring Robert Plant, Jimmy Page and John Paul Jones, playing their first real concert since the mid-1980s (Jason Bonham, the son of Zeppelin's original drummer, John Bonham, was on drums).

Now the millions of fans who were left out can catch what happened in the new concert film Celebration Day, in theaters today and available on DVD on Nov. 19.

At a recent press concert to promote the film in New York City, the surviving Zep members were charming and funny, but they gave no indication that another reunion would take place any time soon. They did allow, however, that choosing Jason Bonham to join them onstage was a no-brainer.

"Once the idea was proposed — 'Would we do the concert?' — it had to be Jason," Page said.

For Bonham, who has played with the band twice before, the giddiness of joining them again at the O2 hasn't abated.

"I had lots of moments where I kept saying 'I'm playing drums for Led Zeppelin!' This really is something special and something I dreamed



Robert Plant, left, Jimmy Page, Jason Bonham and John Paul Jones have released a new concert DVD. KEVIN MAZUR/GETTY IMAGES

Quote

"We just really wanted to get it right and go out and play to people who maybe never heard us, who had heard about this reputation and what we were about, and basically stand up and be counted for what we were."

Jimmy Page
Talking about getting Celebration Day to a place where they would be happy with it.

about all my life. I watched Song Remains the Same so many times that the look that Jimmy gave John in No Quarter, I remember, I looked over just like Song Remains the Same. He gave me the same look," says Bonham, before turning to Page. "It probably wasn't for the same reason you (looked at) Dad, but it was very, very special for me,

honestly."

Page then joked, "That was the 'where are we?' look."

Celebration Day includes the band's monster hits such as Stairway to Heaven, The Song Remains the Same and Dazed and Confused, as well as the unexpected, such as 1976's For Your Life, which the band had never played live prior to the London show.

Celebration Day is just a straight-up concert film, meaning no talking heads, no backstage glances, no trippy "quest" montages like in The Song Remains the Same. They appear shaky at first but then quickly get into their old rock 'n' roll habits. Per Page, they worked hard at "getting it right."

"We just really wanted to get it right and go out and play to people who maybe never heard us, who had heard about this reputation and what we were about, and basically stand up and be counted for what we were," he said.

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Halle Berry

Halle Berry loves her 'Louie Lightfoot'

Halle Berry is opening up about how she first fell for fiancé Olivier Martinez.

"When I first met Olivier, there wasn't the initial 'I'm in love!' It was something that grew more gradually — and it feels more real

because of that," she tells In Style magazine. "He's silly, a clown, and very much the life of the party, which is good for someone like me. Danny Downer ... been there, done that. Now I like Louie Lightfoot!"



Rupert Sanders

How Sanders got his groove back

Snow White and the Huntsman director Rupert Sanders — who made a name for himself by having an affair with star Kristen Stewart earlier this year — has reportedly booked his first directing gig since

the scandal, according to Deadline. Sanders is set to take on the Juliet, based on a science-fiction short story by Alfred Bester. Sanders is also allegedly in talks to direct a Van Helsing reboot.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kate Gosselin gets no love from the coupon clippers



THE WORD
Dorothy Robinson
scene@metronews.ca

Kate Gosselin has had a hard time finding work since her TLC TV show *Kate Plus 8* was cancelled. And now it looks like her one steady gig, being the world's most famous coupon blogger, has come to an end. Yes, earlier this week, Coupon Cabin's CEO Scott Kluth wrote a letter to his users telling them they let Gosselin go. "A series of recent events have made it clear to me that Kate Gosselin and her contributions do not align with the authenticity which we set out to build almost a decade ago, and that Ms. Gosselin is simply not a good fit with the wonderful team and culture at Coupon-



Cabin. It's with this that I am writing to inform you of our decision to discontinue Ms. Gosselin's feature blog on CouponCabin.com."

And did the claws ever come out in the literally hundreds of comments this post produced. Some of the finest: "I remember reading her blog and actually saying out loud, 'What does any of this information have to do with using coupons?'" Lynne M

"It is about time. There was not ONE GOOD COUPON tip she EVER contributed to this class site." Nancy Davis Kuziola

Lesson learned? Don't cross online couponers. They are a frisky, money-saving and very vocal bunch.

Home, separate homes for Twilight lovers

While Kristen Stewart and Robert Pattinson may have reunited, they may start off their reconciliation living apart. Stewart has reportedly purchased a \$2.1 million house just a mile and a half from the Los Feliz home she shared with Pattinson prior to this summer's

scandal over her infidelity, according to Hollyscoop. Stewart apparently bought the four-bedroom Spanish-style property in August, though, when the couple seemed to be on the outs, so maybe now that they're back together she won't be using it much.

Twitter



@andersoncooper

The hotel blanket that's there for decorative purposes creeps me out.



@msleamichele

Doing some major fall cleaning at my house right now! I love it! So excited to pull out the sweaters and boots! :)



@NiaVardalos

Dear sweet kind pretty woman who pointed out my laptop I'd left behind on a counter yesterday. Thank you.



@SteveMartinToGo

I'm actually quite funny today. It's my Twitter account that isn't.



Katy Perry

They're hot then they're cold: John and Katy on again?

On-again, off-again couple John Mayer and Katy Perry appear to be on again — or at least they did this week in New York,

where Mayer celebrated his 35th birthday at a quiet dinner with friends and family, according to Us Weekly. Perry was by his side the entire night. "It was a very tame and civil," a source says.

"They talked and laughed but nobody got crazy. Everyone looked like they were having fun. John seemed happy."

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Shopping the runway

From runway to retailer: While some trends only last the length of the catwalk, other creations will find their way to the shop floor. We chat to two buyers about what they think will be the biggest hits for spring / summer '13.

RICHARD PECKETT
richard.peckett@metro.lu

Simply monochrome

Always a favourite with fashion editors and for those of us who are after something timeless and recession-proof. In a sense, it's well-crafted simplicity, but that's not to say you're playing it safe with your look. Designers use the monochrome colour palette as a platform for a multitude of styles: long and loose at Celine, "deconstructed classicism" in designer Alber Elbaz's words at Lanvin (think tuxedos, kimono styles and square-shaped pieces), with ruffles and provocative slits and cuts at Balenciaga.



Glamour girls

"Sequins and intricate beading wove their way onto the most glamorous of dresses and gowns at Alexander McQueen and Valentino, while embellishments glittered in creations from the likes of Oscar de la Renta and Chanel," Head of Womenswear Emma David told Metro. Ornamentation always gets the red carpet flashbulbs popping and that's something the high street loves to recreate with glitzy evening wear looks.



Sixties redux

"There was a big sixties retro influence across this summer's trends — both for abstract, minimalist styles across collarless jackets, pencil skirts and dresses appear in matching stripes and checks," says ASOS's Buying Director Emma Fox. Where Tom Ford went for a style à la raunchy sex kitten with a nod to Barbarella, Gucci explored vibrant tunics and trousers, while Moschino's designer Rossella Jardini referenced style icon Audrey Hepburn (pictured) with cutesy dresses and shrunken proportions.



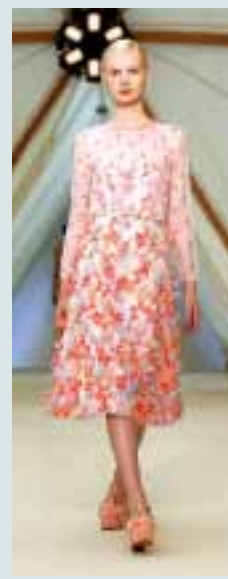
Sheer style

Play peek-a-boo come summer with the cheeky, diaphanous trend. ASOS's Emma Fox reckons it'll be a big trend for the online retailer after it arrived on an array of catwalks. Haider Ackermann (pictured) notably showed a billowing bespectacled polka-dot slip dress, chic and sheer at Topshop Unique and sexily sassy at Nina Ricci. It's a teasing, seductively sophisticated look without being out and out slutty. If past seasons are anything to go by, this revealing trend is likely to be one of the biggest sellers.



Flower power

If fashion had seasonal style commandments, florals would be one of the most sacred. It's a fashion institution and this season was no different, with pop art daisies at Prada to floral print forties tea dresses and "this season's wallpaper blooms mixed with clashing patterns at Christian Dior, Erdem (pictured) and 3.1 Phillip Lim, is sure to be embraced," Helen David, Harrods' womenswear general merchandise manager, told Metro.



3
LIVE

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: With Joe Mimran @JoeFresh HQ. Spring's all about graphic prints, disparate textures, cool shapes...



@Jeanne_Beker: With Narciso Rodriguez, watching HIS fashion show @narcisostudio @thehudsonsbayco fund-raiser

The Kit

Canadian street style

Spotted in: Toronto

Sarah Moore

Store associate at clothing store, SIC

Age: 24

What she's wearing

Rayban sunglasses, City Beach necklace, Agent 99 jacket, Evil Twin blouse, Jay Jay's jeans, Obsessed leather bag

Her inspiration

"I love the combination of vintage and edgy looks. I find inspiration for my style from The Satorialist. I look at his blog almost every day."

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Fried Rice with Shallots



This recipe serves three or four. RICHARD JUNG

"This simple way to use leftover rice is great for breakfast," writes Naomi Duguid. "Top it with a fried or poached egg or some cooked chickpeas. Or serve instead of plain rice to accompany a meal."

"After getting up in the dawn hours to photograph markets, I've often found myself looking forward to some version of the rice, peas, and fried egg combo around eight thirty. At home in Toronto, I top the rice with fresh coriander leaves or tender greens and a fried egg, and drizzle on one of the condiment sauces to give it a kick."

1. Place a wok or a heavy, deep skillet over medium-high heat and add the oil, then add the turmeric and shallots and stir-fry until the shallots are tender and translucent, about 5 minutes.

2. Raise the heat to high and use wet hands to break up any clumps as you add the rice to the pan. Add the salt and peas, if using, and stir-

Ingredients

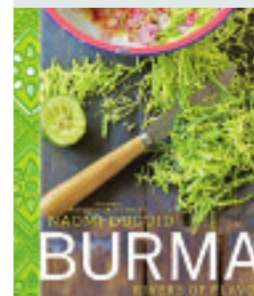
- 2 to 3 tbsp peanut oil
- 1/4 tsp turmeric
- Generous 1/2 cup sliced shallots
- 4 to 5 cups chilled cooked jasmine rice
- 1 tsp salt
- 1 cup green peas (optional)
- 2 tbsp Fried Shallots
- Lime wedges (optional)

fry, pressing the rice against the sides of the pan to sear it. Continue cooking until the rice is hot (the peas should be cooked by then), add the fried shallots, stir-fry briefly, and transfer to a serving bowl. Serve with lime wedges on the side if you wish.

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Cookbook of the Week

Introducing the flavours of Burma



Located at the crossroads between China, India and South Asia, Burma's cuisine combines Chinese noodle dishes, the curries of India and Thailand and salads.

Guiding you through the Burmese kitchen is award-winning author Naomi Duguid in her book Burma: Rivers of Flavor.

With simple recipes for food that manages to be elegant and earthy at the same time, plus stories of a place and a people that inspired Somerset Maugham and George Orwell, this is a culinary journey worth taking. The book also features photographs, travel tips and more. METRO

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Grey days with sunshine ahead

Decor report. The season's most welcomed colour combination is neutral grey and warm yellow



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's not news that grey has become this year's most-loved neutral in home decor.

The cool tone has been teamed with all the fashionable colours including espresso brown, orange, pink and now yellow.

The combination of grey and yellow offer decorators the best of both worlds: the cool relaxing tones of grey and the warmth of a cherry yellow.

This way, we can decorate with a sophisticated look without a room feeling too depressing, especially during the long winter months.

Tips for decorating with yellow and grey

- If painting your walls grey, choose a tone (that's the light and dark aspect of colour) lighter than the tone of your flooring. If painting with yellow, always choose a brown- or green-based yellow for a more neutral effect.
- Remember the 30/70 colour mix rule: Choose 30 per cent yellow items and 70 per cent grey for a room. Never have equal amounts of colour (50/50) in a room.
- Grey will hang around the decor scene for a long time, whereas yellow is a two-year trend.

Keep in mind yellow is psychologically the most irritant colour of all. It's the first colour our eye is attracted to and also the first colour our eyes tire of.

Use it judiciously as an accent when decorating your space.



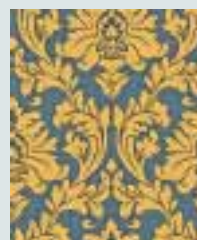
Donegal Chair, \$1,600

Just a touch of bright yellow helps brighten a mid century modern style chair. CrateAndBarrel.com.



D-Constructed Throw, \$149

Warm up with this seasons most welcomed colour combination of graphite and celadon. CB2.com.



Majestic, \$60/roll

Modernize traditional wallpaper with a cool and warm colour mix of gold and grey. GrahamBrown.ca.



Myro Plate, \$16

Mixing warm and cool tones on the table. CrateAndBarrel.com.

Peeled Lace Pendant, \$700

Artful hanging lights create a warm glow with amber and grey glass. Anthropologie.com.



Canning is inherently green — make sure it's also safe

Can I buy BPA-free canning lids?

-Brenda of Halifax



QUEEN OF GREEN
Towah Paglaro
green@metronews.ca

The short answer is that, yes, BPA-free canning lids are available. And I'll tell you who

makes them.

The long answer, however, is that although BPA-free canning lids are easy to find, they may not be the answer to your toxin-free food-preservation efforts.

A popular BPA-free option is the Tattler Reusable Canning Lid. It's made from polyoxymethylene copolymer (POM), which is a fancy way of saying

that it's a BPA-free plastic. Yup, plastic! And it's not without its own cause for concern. This rigid compound has trioxane as a key compound — in other words, formaldehyde.

The jury is still out on the relative safety of ingesting trace amounts of formaldehyde.

Fans of the BPA-free lids point out that formaldehyde

isn't released from polyoxymethylene until temperatures reach 250 C (482 F), well above the processing temperature for canning. Critics note that other factors — like acidity — can affect the release of formaldehyde from plastic. So what's a concerned canner to do?

First, let's be clear — my hat is off to all home canners.

No matter how you look at it, putting up local food in reusable glass jars to be eaten all season is inherently green. And choosing to eat from glass jars, instead of BPA-laden cans, can only be good for your health.

Now for the nitty-gritty best practices. I vote for buying traditional glass lids from thrift stores and markets

whenever possible.

Barring that, consider using the boiling water bath (BWB) method instead of pressure canning. If adequate space is left in the jar, proper BWB canning doesn't require the food to touch the lid. Finally, you may want to try preserving some foods using other methods, like freezing and dehydration. Happy canning!



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Fall doesn't mean last call on your patio

DIY ideas. Add a few products to your deck to enjoy it even when the temperature dips

The weather may be cooler, but that doesn't mean you have to run inside.

These clever products will help you keep your patio or deck warm and cosy

into the cooler months so you can enjoy your outdoor time even longer.

I Want That supplies more ideas like these as it takes a fast-paced tour through the latest and greatest building products and profiles all of the 'must-haves' for every home.

Warm Up

A portable fire pit can be the greatest thing to add to your outdoor space in the fall.

Make sure you find one that guarantees no rust, as well as a protective shield to ensure it keeps everyone safe.

On a smaller scale, fire bowls are a handy product to have. They usually have a mesh cover for safety, ensuring everyone stays safe and warm. You can also invest in a tall propane heater to stay on the patio right into the winter. These products can provide a 10 to 12 foot diameter of warmth, and most have a table that fits on the bottom for additional use.

Add Some Light

With cooler weather comes shorter days, so make sure you keep your outdoor

space lit properly to enjoy the evenings.

Light-up flower pots are a fun way to provide a warm, ambient glow from planters that use low-watt LED lighting. These can be used in clever ways throughout your outdoor space to highlight various areas of your yard and home. Similarly, globe lights are a great way to add some personality and charm to your patio.

These frosted hanging lights can be used to dress up your space for a party, or just to add light on a chilly night.

Entertain

It may be cooler, but you can still entertain outside.

Consider outdoor speakers that will deliver crisp audio while being compatible with electronic devices so it's easy to transfer music.

You can always add more to amplify the sound further. A serving cart is a great way to treat guests on a patio, bringing them warm hot chocolate or mulled wine to ensure they stay cosy.

Get The Gadgets

Have fun with the outdoors this season! Look for a super



A portable fire pit will keep you warm on your patio even into the winter.

ISTOCK IMAGES

blower — a handy product that combines a leaf blower, vacuum and mulching tool into one.

This will make clean-up of your outdoor space a breeze during this leafy season. A digital wall temperature clock is another great gadget.

This will automatically set the date and time — and update it during daylight savings. It tells you the temperature both inside and outside so you know when it's finally time to move indoors.

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Armstrong through with Livestrong, Nike

Doping scandal. After stepping down from charity, sponsors cut ties with embattled former cyclist

Already an outcast in cycling after a massive doping report, Lance Armstrong absorbed hits much closer to home Wednesday: To his wallet and his heart.

Armstrong was dumped by Nike, Anheuser-Busch and

other sponsors, and he gave up the top spot at Livestrong, his beloved cancer-fighting charity, a week after an anti-doping agency released evidence of drug use by the seven-time Tour de France winner.

Armstrong stepped down as chairman of Livestrong in an attempt to minimize the damage caused by the U.S. Anti-Doping Agency's report. USADA banned Armstrong from the sport for life and has ordered that his Tour titles be stripped, which could come before the

By the numbers

80M

In 2004 the Livestrong foundation introduced yellow bracelets, selling more than 80 million and creating a global symbol for cancer awareness and survivorship.

end of the month.

"This organization, its mission and its supporters are incredibly dear to my heart," the cancer survivor said in a statement. "Today therefore, to

spare the foundation any negative effects as a result of controversy surrounding my cycling career, I will conclude my chairmanship."

Minutes later, Nike dropped its personal sponsorship contract with him and issued a blistering statement that the company had been duped by his denials over the years.

"Due to the seemingly insurmountable evidence that Lance Armstrong participated in doping and misled Nike for more than a decade, it is with

great sadness that we have terminated our contract with him. Nike does not condone the use of illegal performance enhancing drugs in any manner," the company said.

Armstrong's story of not only recovering from testicular cancer that had spread to his lungs and brain but then winning the world's best-known bike race helped his foundation grow from a small operation in Texas into one of the most popular charities in the U.S. **THE ASSOCIATED PRESS**



Rain puts damper on Cardinals' push for 2-1 NLCS lead

Cardinals players leave the dugout during a rain delay in Game 3 of the National League Championship Series against the San Francisco Giants in St. Louis on Wednesday. The game at Busch Stadium was stopped with two outs in the bottom of the seventh with the Cardinals leading 3-1. Go to metronews.ca/sports for more MLB post-season coverage. **DAVID J. PHILLIP/THE ASSOCIATED PRESS**

NHL talks entering make-or-break stage

As the NHL's labour dispute went on display for public viewing, it underscored the importance of the next week in negotiations.

The league's latest collective bargaining offer to the NHL Players' Association — surprisingly released in full by the NHL on Wednesday — came with an attached warning about the consequences of failing to reach an agreement by Oct. 25.

In a document delivered to the union along with Tuesday's 10-point proposal, the NHL indicated it couldn't "responsibly" offer more than



NHLPA executive director Donald Fehr in Toronto on Tuesday.
THE CANADIAN PRESS FILE

the 50-50 split of revenues and other items it was tabling. It also sought to add urgency to the talks.

"Delay (beyond Oct. 25) will

necessarily leave us with an abbreviated season and will require the cancellation of signature NHL events," it read.

"Failure to reach a prompt agreement will also have other significant and detrimental impacts on our fans, the game, our clubs, our business and the communities in which we play."

Donald Fehr, the NHLPA's executive director, spent Wednesday examining the proposal along with union staff and was expected to deliver a counter-offer when the sides resume talks on Thursday.

THE CANADIAN PRESS

Charity. Van Koeverden plans to climb Kilimanjaro

Canada's Adam van Koeverden has already conquered the water on his kayak. His next mission is to take on a mountain — and a big one at that.

The Right to Play athlete ambassador will join a group of supporters next month in a bid to climb the highest mountain in Africa. They will attempt to reach the summit of Mount Kilimanjaro in a quest to raise \$100,000 for the international humanitarian organization.

Van Koeverden, who won his fourth career Olympic medal last summer, said he's looking forward to trying something new while taking

Quoted



"While this satisfies an urge to give back and to raise

awareness and raise money for Right to Play, it also satisfies an urge for adventure.

Four-time Olympic kayaking medallist Adam van Koeverden

a break from the rigours of kayak training.

THE CANADIAN PRESS

4 SPORTS



Followed by teammates, Canada's Iain Hume walks off the pitch after losing 8-1 to Honduras on Tuesday. ESTEBAN FELIX/THE ASSOCIATED PRESS

Canada to pay a high price for humiliating loss in Honduras

Soccer. Veteran players likely to retire while growing enthusiasm among public may be hurt with no matches for fans to cheer

Canadian soccer officials had hoped to be in Miami on Thursday, meeting with CONCACAF officials to map out the final round of World Cup qualifying.

Instead, in the wake of a humiliating 8-1 defeat in Honduras, they find themselves forced to do yet another post-mortem on the men's soccer program.

Coach Stephen Hart is likely gone. A decent man who holds the affection and respect of his players, Hart will no doubt pay the price for what happened in Honduras.

After a 15-year absence from the final round of qualifying in the region, Canada seemed poised to return to

CONCACAF's elite level.

One of the teams in their group, Cuba, was a weak sister. Hart correctly pointed to Panama as the strongest side in the group but Honduras seemed a possible target.

In the past, lack of success at home snuffed out Canadian chances. This time, Canada took seven of nine points from three games at BMO Field.

But a 0-0 home tie in June against the Hondurans was a killer. Had Canada finished its chances and won at BMO Field, Tuesday's game in Honduras would have been rendered meaningless.

Making the final round would have meant a 10-game qualifying campaign for Canada plus a chance to showcase the sport and perhaps capture the kind of public wave of enthusiasm that engulfed the women's side during the Olympics.

"Crucial for us," Peter Montopoli, general secretary of the Canadian Soccer Association,

Quoted

"We could have and should have (had) it wrapped up before it even got to this game"

Canadian captain Kevin McKenna on Canada failing to win a key home game that could have rendered Tuesday's game meaningless

said last week about making the final round.

"For us to advance to the next round, it gives us a full competition schedule ... we've seen the interest now over the last two years of what playing home matches can do. And if we can have five matches at home in 2013, it raises the significance, the relevancy of the team to the highest level possible, and we know the country will be cheering them on as they were watching the women's team."

File that in Canadian soccer's extensive 'Might Have Been' archive. **THE CANADIAN PRESS**

Retirements likely

The embarrassing qualifying exit will also no doubt trigger the retirement of some key players on the Canadian squad.

- With the next World Cup qualifying cycle years away, players based in Europe or nearing the end of their club career are unlikely to go through the rigours of

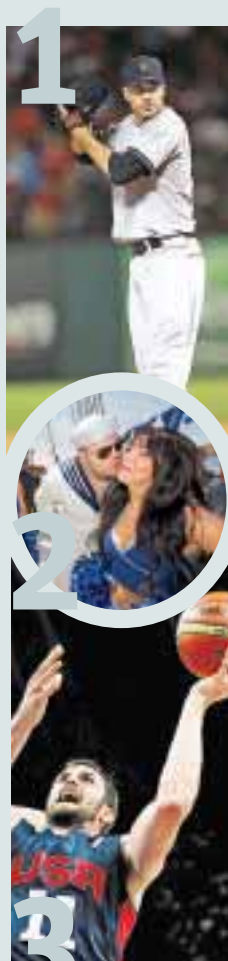
international football for a team that has nothing to play for.

- Players like Junior Hoilett and Jonathan de Guzman, who have other international options, will no doubt continue to turn their back on Canada.
- Captain Kevin McKenna

agreed that the Honduras debacle was the kind of game that forces players to ponder their international careers.

- "Without a doubt," he said after the game. "I mean whether you're young or old, I think it's a game you look back and think 'Is it worth it anymore?'"

Sports in pictures



1 MLB. Blue Jays dip into the waiver pool

The Toronto Blue Jays added a couple of players off waivers Wednesday, picking up outfielder Scott Cousins from the Miami Marlins and right-hander Cory Wade, pictured, from the New York Yankees.

THE CANADIAN PRESS

2 CFL. Argos bring back lineman Belli

The Toronto Argonauts added defensive lineman Adriano Belli to its practice roster Wednesday. Belli retired from the CFL prior to the 2011 campaign after 10 seasons, spending his final four years with the Argos.

THE CANADIAN PRESS

3 NBA. Love out 6-to-8 weeks with broken hand

Minnesota Timberwolves star Kevin Love will miss the next six to eight weeks after breaking his right hand in a workout on Wednesday. **THE ASSOCIATED PRESS**

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AFC Least?

Some might say it's a clear display of mediocrity in the division — the AFC Least, some are calling it — with no teams standing out nearly halfway into the season.

- But then again, it's not just the AFC East.
- Eleven of the 32 NFL teams have 3-3 records, including Green Bay, which is No. 7 in the AP

Pro32 NFL Power Rankings and Buffalo, ranked 24th. What's more, 20 teams are at .500 or better — and that doesn't even include Pittsburgh, Detroit or Dallas, all at 2-3.

Who will step up in AFC East?

NFL. Jets, Patriots, Dolphins and Bills all first — or last — in division

First is also worst right now in the unpredictably equal AFC East.

The New York Jets, New England Patriots, Miami Dolphins and Buffalo Bills are all 3-3, a rare logjam this far into the season that has coaches and players unsure if they should be happy or concerned — or both.

"It's good news, bad news," Jets coach Rex Ryan said. "Let's face it, we're tied for first in our division, so that's great. We're also tied for last. It's a little depressing."

Since the NFL merger in 1970, this marks only the fourth time every team in a division has the same record after Week 6 or later, and first since the AFC East was knotted up at 5-5 after Week 10 in 1987, according to STATS LLC. The division was also all tied up at 4-4 in Week 8 that same sea-



Tom Brady's Patriots have a chance to clear up the AFC East logjam this weekend against the Jets. GETTY IMAGES

son — but things were already a bit wacky because one week was cancelled because of a players strike, and Weeks 4-6 were played mostly by replacements.

The only other time it has happened was in the AFC Central after Week 9 in 1985.

"It's crazy," Jets tight end Dustin Keller said. "The whole division is just crazy right now." The gridiron gridlock

will clear a bit this weekend, though, with the Jets and Patriots set for a division showdown at Foxborough. The Bills host the Tennessee Titans, while the Dolphins are on their bye-week break.

"At this point going forward, they're all going to be important (games) and the thing about football is the next game is always more important than the previous game in the NFL," Patriots quarterback Tom Brady said. "So a division opponent is critical."

Next weekend should shake things up a little more with Buffalo off, New England playing St. Louis in London, and New York at Miami in another AFC East matchup.

"I guess the old saying about the parity in the NFL is true, at least through six weeks of the NFL season," Dolphins coach Joe Philbin said. "I really haven't watched that. I don't go home and watch a lot of football. I don't really study other teams. I'm more focused on our own (team and) where we're at." **THE ASSOCIATED PRESS**

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Horoscopes

Aries

March 21 - April 20

Something apparently random will happen today but if you look a little closer and dig a little deeper, you will find there is a reason for it. Could it be someone is trying to disrupt your plans? Yes it could.

Taurus

April 21 - May 21

Try not to make too big a deal of your differences with neighbours and work colleagues. The more you focus on negative things, the more power you give them. Remember: Laughter is usually the best healer.

Gemini

May 22 - June 21

Promise yourself now that no matter what happens over the next 24 hours, you will not over-react. Take life as it comes and make the best of whatever situation you happen to find yourself in. No, the world isn't ending.

Cancer

June 22 - July 23

You are finding it hard to cope with changes that are not of your making. The good news is that someone you meet today will cheer you up and brighten your outlook considerably. Stop worrying about little things.

Leo

July 24 - Aug. 23

What at first looks like a setback will later reveal itself to be good fortune in disguise. Little things may go wrong in the short term, but over the longer haul they usually come right for you. Life's like that.

Virgo

Aug. 24 - Sept. 23

No one is perfect, least of all you. The mistake you are making is that you want to live up to standards that are too high to maintain for more than a few minutes, even for a Virgo. You're only human.

Libra

Sept. 24 - Oct. 23

Don't make too many plans over the next few days because you will most likely have to change them when the Sun leaves your sign on the 23rd. The best plan is no plan at all. Take each moment as it comes.

Scorpio

Oct. 24 - Nov. 22

You may feel a bit insecure but the good news is this phase will pass — and soon. In a matter of days, you will realize you had nothing to worry about. Life is good and getting better by the minute.

Sagittarius

Nov. 23 - Dec. 21

For some reason, you don't want others to know what you have been up to. Was it really that bad? Don't be too secretive though or you may arouse the curiosity of rivals as well as friends — and that's dangerous.

Capricorn

Dec. 22 - Jan. 20

You will come into some interesting information today, the kind of information that you may be able to use to make yourself look good. But you must not use it to make someone else look bad — that's not nice.

Aquarius

Jan. 21 - Feb. 19

You have nothing to prove. No, really, nothing at all. Both at home and at work, the people who count know what you can do and know that you will never let them down. That's not the Aquarian way.

Pisces

Feb. 20 - March 20

Use your good-natured charm to convince a friend or colleague that they really should change their ways for the better. You don't have to come over all moralistic about it but you do need to highlight their errors. **SALLY BROMPTON**

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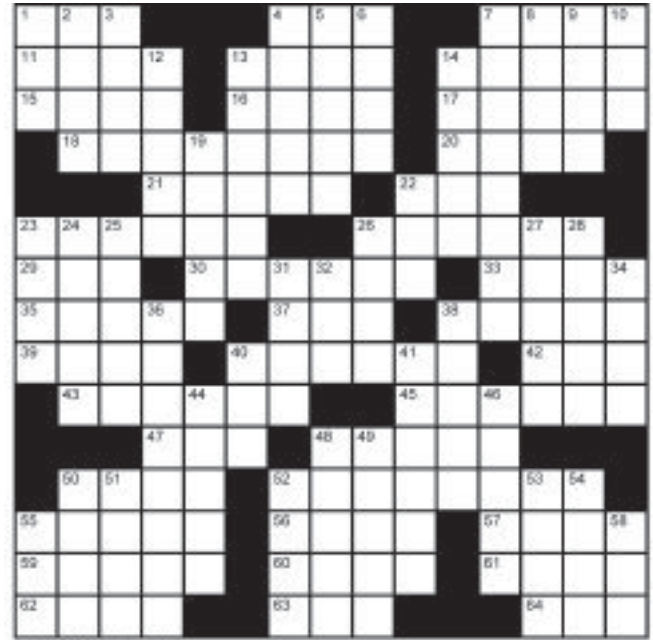
- Canadian map dispensers: initialism
- ___ la la
- Pit at a rock concert
- A/C capacity measures
- Like most colleges
- Christmas visitor
- Pepsi or Coke
- Scots Gaelic
- Fields of learning
- Alberta's second-largest city
- Clenched hand
- Chose to join, with "in"
- Bring home after expenses
- Middle Eastern market
- Harper group
- Pub favorite
- PM Pearson
- Cat's call
- Bums
- Fib
- Earth or land: Fr.
- Breaking waves
- Northern Canada land feature
- "A girl" or "a boy" preder
- More moronic
- ___ Goes to Camp: 1987 Jim Varney comedy
- Gay Nineties or Roaring Twenties
- Mr. ___: nearsighted cartoon character with Jim Backus's voice
- Baseball team
- Ontario neighbour
- Lack of fighting
- One of many on a computer desktop
- William Lyon Macken-

zie ___: 10th PM

- Eggs on
- "Told you I could do it!"
- "Fifth Avenue" store
- Audience's expressions of disapproval
- Foot digit
- Occupied a chair

Down

- This Hour Has 22 Minutes network
- Dip ___ in the water: test bath temperature (2 wds.)
- "We'll take a cup of kindness yet for ___ lang syne"
- Cake often made with ground nuts
- Do a lawn job
- Mideast Gulf
- ___ Provinces: they're on the Atlantic
- Individual units
- Baseball figure, for short
- Owens
- American ___: Pacific Ocean territory
- Midpoint
- Toronto-born 60 Minutes regular Morley
- October birthstones
- And not
- Comments often uttered by Ebenezer Scrooge
- Audible
- Striped equine
- Started a golf hole, with "off"
- Like many a Stephen



King novel

- Alphabetizes, for example
- Aspersions
- Cat on a Hot ___ Roof
- AB's and BC's place in Canada, directionally
- Transgressions
- Fortune teller's 22-card deck
- Black or green drink
- Provincial capital

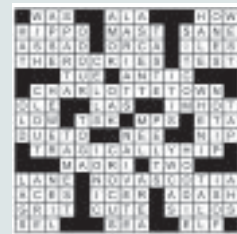
whose name means "queen"

- Forest constituents
- Breakfast spots
- Chinese gambling mecca west of Hong Kong
- Negative end of a battery
- Rome's fiddling emperor
- Othello's betrayer
- Catcher's glove

53. Slant

- Ottawa-born singer of Lonely Boy
- Tavern
- Canada's national levy, for short

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	9	3	5	2	4	7	6	8
8	4	6	9	1	7	3	2	5
5	2	7	3	8	6	9	1	4
9	3	5	2	7	6	4	8	1
2	1	8	4	9	5	6	3	7
7	6	4	8	3	1	2	5	9
3	5	1	6	4	9	8	7	2
4	7	2	1	8	3	5	6	9
6	8	9	7	5	2	1	4	3

Today
16°/6°
Rain
90%

Friday
14°/7°
Showers
40%

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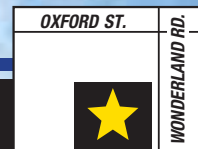
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